

# Community Treatment Order

Information for patients being  
treated under the Mental Health Act



East London  
NHS Foundation Trust

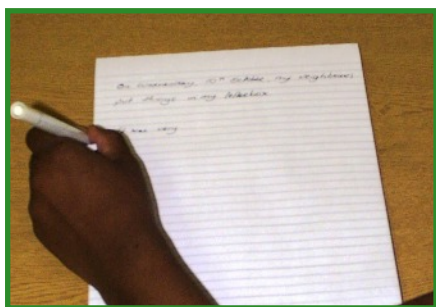


easy  
read

EasyRead version



East London NHS Trust runs mental health and community health services.



We wrote this information to help you understand your rights.



This is an EasyRead version of **Community Treatment Order - Section 17A of the Mental Health Act 1983.**



The Mental Health Act is the law that tells us how some people with a **mental disorder** can be cared for and treated.

**Mental disorder** means a disorder or disability of the mind such as:



- a mental illness



- a learning disability



- a personality disorder.



## About you



Your name:



Name of the person in charge of your treatment:



Date your community treatment order starts:



## About your supervised community treatment order



A community treatment order means you can leave hospital but must have treatment in the community.



You should follow the rules about this.



If you do not you can be taken back into hospital for the treatment you need.



The person in charge of your treatment and an approved mental health professional fill in a form to say you should be treated in the community.



An approved mental health professional is trained to help decide if you need to be kept in hospital under the Mental Health Act.



## When you leave hospital



The person in charge of your treatment will explain what will happen.



They will ask you to agree to some things to help you stay healthy and safe. These are called **conditions**.



Please talk to them if you are worried about anything they ask you to do.



If you do not keep to some of these conditions you might have to go back to hospital.



You might also have to go back if this is the only way to get the treatment you need.



You will get a letter to say when you have to go back to hospital.



If you do not come, the person in charge of your treatment can make you do this, even if you do not want to.



You can be kept in hospital for up to 72 hours which is 3 days.



If you need to stay longer, an approved mental health professional will talk to you about this .





## Your treatment



The person in charge of your care will talk about your treatment in the community.



You can say you do not want the treatment.



But if you do, you might have to go back to hospital.



You can ask about different types of treatments.



If people think you are too ill to agree, they can give you the treatment you need.



They cannot treat you if you say no, unless it is an emergency.



## The Mental Capacity Act



**Capacity** means being able to understand and make a decision. The Mental Capacity Act is a law that says what happens if you cannot make a decision for yourself.



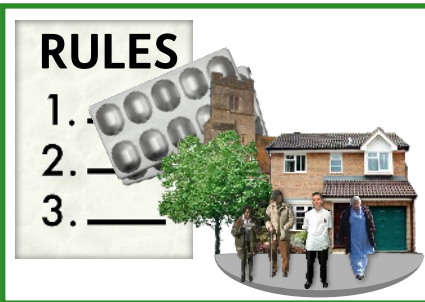
It says what happens if you or someone who can speak for you says you do not want to be treated.



Staff can talk to you about the Mental Capacity Act.



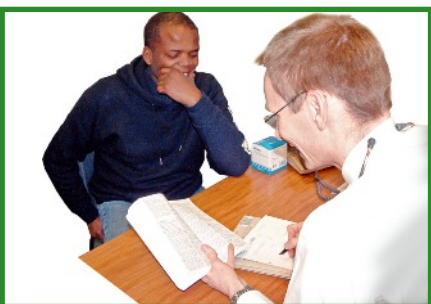
## Special rules about medicines and drugs



There are rules about medicines and drugs when you are treated in the community.



If it has been more than 3 months since you started taking medicine or drugs in hospital, after 1 month of the Community Treatment Order, the person in charge of your treatment will ask if you agree to the treatment carrying on.



If you disagree, or the person in charge of your treatment feels that you may not understand about your treatment, they will ask a doctor who is not from the hospital to check that it is right for you.



This independent doctor is called a SOAD (Second Opinion Appointed Doctor).



You can only have medicine or drugs that this doctor says you can, unless it is an emergency.



If you refuse to see this doctor you might have to go back into hospital again.



There are different rules for special treatments like ECT (Electro Convulsive Therapy). Staff will talk to you if you need them.



## Deciding how long your community treatment order lasts



Your community treatment order will last for 6 months unless the person in charge of your care ends it sooner.



They will ask to see you before the end of the 6 months.



If you do not keep the appointment, you might have to go back into hospital to see them.



They can say you need the community treatment for another 6 months. After this, it can carry on for another year at a time.



They will talk to you when the time is nearly up and explain what will happen next.



If you do not agree with this



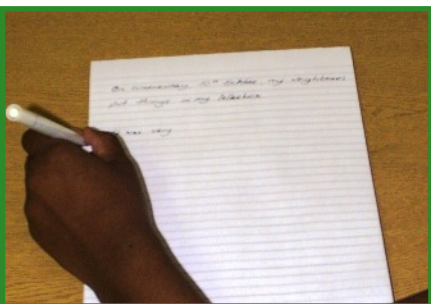
If you do not think you need supervised community treatment you can ask the **Hospital Managers** to end it.



The hospital managers are a group who decide what treatment people need.



They might want to talk to you before they decide.



You can write to the Hospital Managers at:





Your Nearest Relative can also tell the Hospital Managers that they want to end your community treatment order.



If they do, it will end in 72 hours unless you might be a danger to yourself or other people.



If this happens they cannot ask again for 6 months but they can appeal to the Tribunal within 28 days.



You can also ask a Tribunal to end your supervised community treatment

## About the Tribunal



The Tribunal is a group who can decide if your community treatment order should end. They do not work for the NHS.



You can ask them in the first 6 months of your community treatment order.



You can ask them again in the next 6 months and then once a year while you are on a community treatment order.



They will read reports about you and your care. One of them will come and talk to you.



Then they have a meeting with you and staff who know you. This is called a hearing.



You can ask someone to come and help you at this meeting.



## How to contact the Tribunal

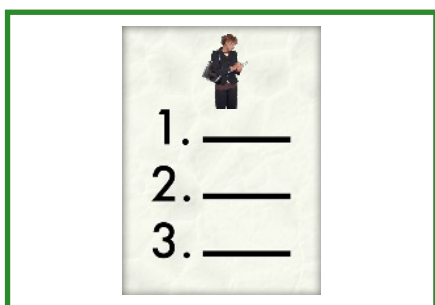
Telephone  
**0845 2232022**



Write to:  
**The Tribunals Service**  
**PO Box 8793**  
**5th Floor**  
**Leicester**  
**LE1 8BN**



Your solicitor can write to the Tribunal and help you at the meeting. You do not have to pay them.



The hospital and the Law Society have a list of solicitors who do this.



## Independent mental health advocate



You can have support from an independent mental health advocate if you want it.



The advocate is independent. This means they do not work for the NHS or anyone else involved in your care.



They can:

- tell you about your rights



- help you understand what is happening



- help you tell people what you want



- help you with the Tribunal.



Ask the staff where there is a telephone for you to talk to the advocacy service in private.



The telephone number for the advocacy service is:



You can ask a member of staff or your Nearest Relative to telephone them for you.



## Telling your Nearest Relative



We will give your Nearest Relative a copy of this leaflet.



The staff can give you a leaflet about who your Nearest Relative is and what they can do.



We have been told your Nearest Relative is:



If you do not want them to have a copy of this leaflet, please tell your nurse or a member of staff.



You can ask the county court to change your Nearest Relative. The staff can talk to you about this.





## The Code of Practice



The Code of Practice tells staff how to treat people under the Mental Health Act.



They have to think about it when they decide about your care.



You can ask to see a copy of the Code.



## How to complain



Please tell the staff if you are not happy with your care and treatment in the community.



If they cannot sort things out they will tell you how to complain. They can also tell you about people like an independent mental health advocate who can help you.



If you are not happy with how the hospital deals with your complaint you can tell the Care Quality Commission. They do not work for the NHS and check that people use the Mental Health Act properly.



Staff can give you a leaflet about how to contact the Commission.



## How to find out more

Please ask the person who gave you this leaflet or other member of staff if:



- you do not understand anything



- you want to ask any questions



- you want a copy of this leaflet for someone else.



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